

- 33** The current advice from the NHS in the UK is to eat five portions of fruit and vegetables a day. However, a recent study suggested that at least seven portions are needed to maximise health. Given that less than a third of adults in the UK, and even fewer children, currently meet the five-a-day target, there is little to be gained from changing the NHS advice to a higher number. A higher target might even be counter-productive, as evidence shows that a change in diet is best sustained when the change is made slowly and incrementally.

Which one of the following best expresses the **main conclusion** of the above argument?

- A** Eating seven portions of fruit and vegetables a day is needed to stay healthy.
- B** At least two thirds of the UK adult population ignore current guidelines.
- C** Current guidance on fruit and vegetable intake should be maintained.
- D** Setting high targets for a change in diet is unrealistic.
- E** Current advice on fruit and vegetable intake has not taken account of recent research.

- 35** There seems to be universal agreement on Shakespeare's greatness, yet many of his plays lack any significant development of plot or character. An exceptional skill with language is evident in all his works and his running theme concerning the relationship between appearances and reality has appealed to audiences across times and cultures. But is this enough to confer greatness? More likely this status derives from a small number of his plays, the four great tragedies, which succeed in dramatising reflection on the depths of the human condition. It is this which touches the hearts and minds of his audience.

Which one of the following best expresses the **main conclusion** of the above argument?

- A** Shakespeare's focus on the relationship between appearances and reality has appealed to audiences across times and cultures.
- B** There seems to be universal agreement on Shakespeare's greatness.
- C** Shakespeare succeeds in touching the hearts and minds of audiences.
- D** Shakespeare's greatness derives from a small number of his plays, the great tragedies.
- E** Limited plot and character development in many of his plays do not affect Shakespeare's reputation as a great playwright.

- 4 Adults over the age of 60 are often depicted by the media as depressed, lonely and grumpy. Of course, old age is associated with physical decline, health issues become more common and memory gets fuzzier. Previously, theories of ageing assumed that emotional experiences would follow a similar pathway towards dysfunction. They were wrong. Recent research has shown that in old age negative emotions (like anger) wane, while positive emotions (like contentment) become more common. Why? Our lives undergo pronounced changes in later life. Work demands are eliminated, there is more time for leisure pursuits, and older people structure their environments in ways that reduce unnecessary stress. Time horizons shrink: people learn to spend their remaining precious time on the things that matter most.

Which one of the following best expresses the **main conclusion** of the above argument?

- A Not everyone experiences the negative physical decline in old age often depicted in the media.
- B In old age people experience both positive and negative emotions less strongly.
- C Being freed from the demands of work allows retired people to feel happier.
- D Older people find better ways of avoiding stress and using their time productively.
- E Assumptions that the emotional aspects of ageing mirror the physical aspects were wrong.

- 16 Sometimes we are mistreated by others, and forgiveness is one kind of response to those who wrong us. However, sometimes we do things that appear to be morally wrong but, in fact, are not. If we are reproached, we can give an explanation for our action that justifies it. In these cases, we are claiming that, despite appearances to the contrary, what we did was morally permissible. Forgiveness and justification ought to be distinguished. When conduct is justified, the implication is that it was not morally wrong, but when conduct is forgiven, there is no such implication. What we are forgiven for is the morally wrong things we do.

Which one of the following best expresses the **main conclusion** of the above argument?

- A Sometimes we do things that appear to be morally wrong but, in fact, are not.
- B Forgiveness and justification ought to be distinguished.
- C What we are forgiven for is the morally wrong things we do.
- D Forgiveness is one kind of response to those who wrong us.
- E When conduct is justified, the implication is that it was not morally wrong.